

Missouri's WIC Nutrition Program

Good nutrition will help provide the best possible start in life and is a necessary ingredient for you and your child to **grow up**

Healthy and **Strong.**



Wants to Help You...

WIC is a nutrition education, health promotion and supplemental food program to assist women, infants and children who have nutritional needs.

Benefits of WIC provided at no cost include:

- Nutrition education and guidance for you and your children
- Breastfeeding education and support
- Nutritious food to supplement your diet, such as milk, cheese, infant formula, iron-fortified cereal, eggs, juice, etc.
- Referrals for health care



**Eat Well and
Stay Healthy!**

Make an appointment at your local WIC clinic.

At this appointment you will receive a health and nutritional screening and nutrition information.

If eligible, you will be given nutrition education, referrals and checks for nutritious foods to buy at local participating grocery stores.

So now that you know more about WIC, why not see if WIC can help make a difference for you and your children?

To see if you qualify for the WIC program, contact your local WIC clinic or:

1-800-TEL-LINK



Missouri WIC Works

Missouri's Women, Infant and Children's nutrition program wants to help...

- Women who are pregnant, in postpartum (pregnancy ended less than six months ago) or breastfeeding
- Infants under 12 months old
- Children under 5 years old

To be eligible in Missouri, you must:

- Be a resident of Missouri
- Meet income guidelines



For more information call:

1-800-TEL-LINK



**Missouri Department of Health and Senior Services
WIC and Nutrition Services
P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204**

www.dhss.mo.gov/WIC

DHSS is an equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis.
Alternate forms of this publication for persons with disabilities may be obtained by contacting
the Missouri Department of Health and Senior Services at 573-751-6204.
Hearing and speech impaired citizens telephone 1-800-735-2966. VOICE 1-800-735-2466.

WIC #175 (1/08)

